

GENERAL SERVICES ADMINISTRATION
FEDERAL ACQUISITION SERVICE
AUTHORIZED FEDERAL SUPPLY SCHEDULE PRICE LIST

*On-line access to contract ordering information, terms and conditions, up-to-date pricing, and the option to create an electronic delivery order are available through GSA Advantage!, a menu-driven database system.
The Internet address for GSA Advantage! is: <http://www.gsadvantage.gov>*

GENERAL SERVICES ADMINISTRATION
FEDERAL SUPPLY SERVICE
Human Resources and Equal Employment Opportunity Services
Schedule 738 X

CONTRACT NUMBER:
GS-02F-163BA

PERIOD COVERED BY CONTRACT:
September 24, 2014 THROUGH September 23, 2019

Cambia Health Solutions
100 Southwest Market Street
Portland, OR 97201
(P): 503.721.7136
(F): 503.276.1861
www.cambiahealth.com

Business Size: **Large**

For more information on ordering from Federal Supply Schedules click on the FSS Schedules button at
<http://www.fss.gsa.gov>.

CUSTOMER INFORMATION

- 1a. Table of awarded special item number with appropriate cross-reference to item description and awarded price.

SIN 595-28: SOCIAL SERVICES, PROFESSIONAL COUNSELING AND VETERANS' READJUSTMENT AND BEHAVIORAL HEALTH SERVICES.

Contractor provides comprehensive employee assistance and related social and behavioral health counseling and readjustment services including, but not limited to, traditional EAP, vocational and psychosocial rehabilitation, physical/occupational/educational therapy and outpatient recovery; personal and family support, wellness coaching, psychotherapy, including homeless counseling and placement services, emergency response and social advocacy services, educational and public health program administration, service registries (employment, daycare, etc); legal, benefit/compensation consultation in the areas of individual and family personal and financial enhancement. Provides Telemental Health counseling services which augments treatment and improves patient access using Telehealth channels. Provides licensed and credentialed personnel who provide case management behavioral health support leading to improved patient centered outcomes in the evaluation, assessment, treatment and rehabilitation of identified patient population individuals (i.e. multi-tour war theater veterans; disaster victims; incarcerated individuals delivered either in-the-home, in community based facilities or in correctional facilities), telephonically, via remote video and/or via telehealth, web-based and/or social media channels - in areas including but not limited to, substance abuse disorder (SUD), suicide prevention, depression, military sexual trauma (MST), Post-Traumatic Stress Disorder (PTSD) and/or Traumatic Brain Injury (TBI) and/or Polytrauma. Services may be all inclusive, separate, short and/or long term, bundled or unbundled.

- 1b. Identification of the lowest priced model number and lowest unit price for that model for each special item number awarded in the contract.

Not Applicable.

- 1c. If the Contractor is proposing hourly rates, a description of all corresponding commercial job titles, experience, functional responsibility and education for those types of employees or subcontractors who will perform services shall be provided. If hourly rates are not applicable, indicate not applicable for this item.

Not Applicable.

2. Maximum Order:

\$1,000,000.00

3. Minimum Order:

\$100.00

4. Geographic Coverage (Delivery Area):

48 Contiguous States, the District of Columbia, Alaska, Hawaii and Puerto Rico.

5. Point of Production:
- Cambia Health Solutions
100 SW Market Street
Portland, OR 97201
County - Multnomah**
6. Discount from List Prices or Statement of Net Price.
- Prices shown are GSA net prices including IFF.**
7. Quantity Discounts:
- None.**
8. Prompt Payment Terms:
- Net 30 Days ARO.**
- 9a. Government purchase cards *are accepted* at or below the micro-purchase threshold.
- 9b. Government purchase cards *are accepted* above the micro-purchase threshold.
10. Foreign Items:
- None.**
- 11a. Time of Delivery:
- Upon mutual agreement with the government customer.**
- 11b. Expedited Delivery:
- Upon mutual agreement with the government customer.**
- 11c. Overnight and Two-Day Delivery:
- Please contact Cambia Health Solutions for overnight and two-day delivery.**
- 11d. Urgent Requirements:
- Please contact Cambia Health Solutions for urgent requirements.**
12. F.O.B. Point:
- Not Applicable.**
- 13a. Ordering Address:
- Cambia Health Solutions
Attention: Stephen Erdmann
100 SW Market Street
M/S E18A
Portland, OR 97201**

- 13b. Ordering Procedures: For supplies and services, the ordering procedures, information on Blanket Purchase Agreements (BPAs), and a sample BPA can be found at the GSA/FSS Schedule homepage fss.gsa.gov/schedules.
14. Payment Address:
- Cambia Health Solutions
Attention: Stephen Erdmann
100 SW Market Street
M/S E18A
Portland, OR 97201**
15. Warranty Provisions:
- Not Applicable.**
16. Export Packing Charges:
- Not Applicable.**
17. Terms and Conditions of Government Purchase Card Acceptance:
- No additional terms and conditions.**
18. Terms and Conditions of Maintenance and Repair:
- Not Applicable**
19. Terms and Conditions of Installation:
- Not Applicable.**
- 20a. Terms and Conditions of Repair Parts Indicating Dates of Parts Price Lists and Any Discounts from List Prices:
- Not Applicable.**
- 20b. Terms and Conditions for Any Other Services:
- Not Applicable.**
21. List of Service and Distribution Points:
- Not Applicable.**
22. List of Participating Dealers:
- Not Applicable.**
23. Preventative Maintenance:
- Not Applicable.**

24a. Special Attributes such as Environmental Attributes:

Not Applicable.

24b. If applicable, indicate that Section 508 compliance information is available on Electronic and Information Technology (EIT) supplies and services and show where full details can be found (e.g. contractor's website or other location.) The EIT standards can be found at: www.Section508.gov/.

Not Applicable.

25. Data Universal Number System (DUNS) Number:

086900268

26. Notification Regarding Registration in Systems for Award Management (SAM) Database.

CAGE CODE #6UZ21; Active Registration on SAM.

Warrior Well Service Package Description and GSA Price

Summary

Warrior Well™ is designed specifically to improve and sustain the resilience of soldiers, sailors, airmen, marines and their families. The training utilizes a proven engagement experience, modeled to affect behavior change through mindfulness, sleep hygiene, physical readiness, stress management and balanced nutrition. By combining these key elements, participants significantly improve their ability to meet and sustain military physical fitness requirements while becoming more resilient at home and work. Warrior Well is led by coaches who are veterans or reservists and truly embody the military ethos, understanding what it means to serve the country and community. Each coach has been specially trained and has access to a system allowing them to monitor progress, create specific team and individual assignments, and report real-time progress to military leadership. The system is designed around total team success, not individual achievement alone. Teamwork is integral to the success of the participant and vital to the mission. Team interactions are facilitated through team meetings, which can be virtual or in-person, and include goal setting, consultations, fitness and nutrition training, fitness testing, team challenges and body composition analysis.

Resilience

Mindfulness, sleep, fitness and nutrition are all important tenets of resilient behavior. Resilience is a primary focus of Warrior Well, with participants being given specific resilience principles on which to apply weekly. Incorporating resilience principles during training strengthens each participants total health foundation, creating behavior change that can bring powerful payoffs, individually and as part of a team.

Sleep Hygiene

Lack of sleep is proven to have a negative impact on your total health. Creating awareness of sleep habits helps participants focus on the quality and quantity of their sleep. Warrior Well helps to create awareness regarding a participant's sleep habits and begins to identify areas for improvement. Participants gain understanding of the importance of sleep through education and measurement with wearable technology and self-accountability.

Mindfulness

Mindfulness is practiced throughout the Warrior Well experience. Participants learn to live in the present and manage their training through self and team reflection. Training in fitness, nutrition, sleep and resilience is all done with the participant, the team and coach reflecting mindfully on their goals and accomplishments.

Physical Readiness

Warrior Well is focused on sustainable physical activity that can be maintained despite busy work and life schedules. Participants are required to dedicate 30 minutes per day, six days each week to physical health. Physical activities are divided into three days of strength training that cover all major muscle groups within a week and three days of target heart rate training, adapted for age and fitness level, that steadily build endurance and reduce injury risk. Participants will perform physical activities in micro- and macro-team environments. Team members are also presented with fitness challenges that require them to adapt their physical activities to varying environments (i.e., when traveling). This requires participants to apply the knowledge of their body and identify activities that isolate the required muscle groups with or without access to equipment.

Balanced Nutrition

Warrior Well is focused on eating properly balanced and portioned meals at regular intervals to continuously fuel the body and mind. Participants also learn mindful eating techniques, the practice of paying closer attention to what you eat and why. Mindful eating helps create awareness around the role of food in meeting both physical and emotional needs. Establishing this awareness can help individuals avoid eating behaviors that create long-term health risks. Engaging in better eating habits has many benefits such as improving overall health, body image, self-control, relationships and self-esteem.

Warrior Well training encompasses a three month structured experience followed by a nine month sustainment period.

Each participant begins with an initial consultation with their coaches, where goals, expectations and commitment to the team are discussed. Combined with the participant profile and health history questionnaire, this allows the coach to determine the appropriate level of physical intensity and proper nutrition guidelines for participants before they begin the training. Participant engagement, progress and training impact are measured through health assessments and body composition analysis that occur at regular intervals over the course of the entire experience. The coaching staff also receives reports on platform activity to determine each participant's level of engagement with their team and to monitor adherence.

Warrior Well Service Package - Per Team (12 persons, 12 months)	
Service Package Details	GSA Price
Team Training (3 mo.)	
Sustainment (9 mo.)	
Readiness Kits	
System Access License (12 mo.)	
Team Lead Training and Team Lead System Access License for Two Participants	
TOTAL	\$15,432.79

WARRIOR WELL SERVICE PACKAGE INCLUDES THE FOLLOWING:

Team Training (3 months)

- Two weeks pre-program training including introduction and overview to the Warrior Well balanced nutritional model and sleep hygiene.
- Two months team based structured training conducted for the team (12 total team members) led by a Warrior Well coach.
- Each participant receives:
 - Pre-program training modules
 - Up to three individual consultations with a Warrior Well coach
 - Up to three in-person team sessions
 - Up to three Body Composition Analyses (BCAs)
 - Up to three Warrior Well Total Health Assessments
 - Up to two Physical Fitness Tests
 - Weekly team calls led by a Warrior Well coach
 - Two team challenges to test applied knowledge of mindfulness, resilience, sleep, balanced nutrition and physical fitness understanding

Sustainment (9 months)

- Nine months of team sustainment led by a Warrior Well coach
- Identification of two team leads by the Warrior Well coach
- Each participant receives:
 - Up to three in-person team sessions
 - Up to three individual consultations led by a Warrior Well Coach
 - Up to three Body Composition Analyses (BCAs)
 - Up to three Warrior Well Total Health Assessments
 - Up to three Physical Fitness Tests
 - Team calls monitored by a Warrior Well Coach

Readiness Kits – Each Kit Includes:

- One Warrior Well team training manual, which includes resilience principles, complete balanced nutrition program, physical readiness exercises, weekly progress journal and team challenge details
- One Heart rate monitor and/or Accelerometer
- One Readiness Kit case
- One Warrior Well Quick Start guide

System Access License

- Participants receive access to the Basefit Online System for registration, profile management, access to all program material, tracking, team challenges, coach support, updates and maintenance, team and individual progress, events, guides and community support
- Warrior Well leadership reporting

Team Lead Training

- Team lead manual which includes education on evidence-based coaching skills, including coaching core competencies and lessons in motivational interviewing, resilience, sleep, nutrition and physical readiness practices, body composition analysis, technology and team training
- One-week interactive training with a Warrior Well Coach
- Warrior Well team lead tools and dashboard

Notes:

1. *Basefit requires a minimum order of four teams (48 participants) for a 12 month engagement.*
2. *Travel not included.*